

***DISTRESS PSIKOLOGIS DAN MEKANISME KOPING PERAWAT DI  
RUANG PERAWATAN COVID-19 : STUDI FENOMENOLOGI***

**TESIS**

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**FAKULTAS KEPERAWATAN  
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Tesis ini diajukan sebagai salah satu syarat untuk memperoleh gelar  
Magister Keperawatan



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***Distress* Psikologis dan Mekanisme Koping Perawat di Ruang Perawatan  
COVID-19 : Studi Fenomenologi**

xiii + 139 hal + 3 tabel + 1 skema + 10 lampiran

**ABSTRAK**

Pandemi COVID-19 yang terjadi sejak 2020 telah menimbulkan dampak secara fisik dan psikologis bagi tenaga kesehatan sebagai pelaksana sistem pelayanan kesehatan. Perawat merupakan tenaga kesehatan yang paling berisiko mengalami *distress* psikologis. Mekanisme koping yang baik penting dilakukan untuk mempertahankan kesehatan mental perawat akibat tekanan ekstrim yang dialami selama pandemi. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Tujuan penelitian ini adalah teridentifikasinya mekanisme koping yang dilakukan perawat dalam menghadapi *distress* psikologis selama bekerja di ruang perawatan COVID-19. Partisipan penelitian dipilih berdasarkan teknik *purposive sampling* sebanyak 9 perawat yang bekerja di ruang perawatan COVID-19. Teknik analisa data menggunakan teknik Colaizzi. Penelitian ini mendapatkan enam tema berdasarkan pendekatan Adaptasi Roy, yaitu tahap input yang terdiri dari *stressor* atau penyebab *distress* psikologis dan jenis *distress* psikologis, tahap proses berdasarkan respon tubuh terhadap *distress* psikologis dan upaya menjaga kesehatan mental perawat, dan tahap *output* yang dilihat dari respon koping yang muncul dan harapan perawat terhadap pandemi. Implikasi dalam penelitian ini menunjukkan bahwa perlu adanya perawat jiwa (*Consultant-Liaison Psychiatric Nursing*) yang memberikan layanan kesehatan mental pada tenaga kesehatan di rumah sakit.

**Kata Kunci :** COVID-19, *Distress* psikologis, Mekanisme Koping, Pandemi, Perawat

**Daftar Pustaka:** 76 (2009-2021)

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***Psychological Distress and Nurse Coping Mechanisms in the COVID-19 Treatment  
Room: Phenomenological Study***

*xiii + 139 pages + 3 tables + 1 schema + 10 appendices*

**ABSTRACT**

*The COVID-19 pandemic that has occurred since 2020 has had a physical and psychological impact on health workers as implementers of the health service system. Nurses are health workers who are most at risk of experiencing psychological distress. Good coping mechanisms are important to maintain the mental health of nurses due to the extreme stress experienced during the pandemic. This study uses a qualitative method with a phenomenological approach. The purpose of this study was to identify the coping mechanisms used by nurses in dealing with psychological distress while working in the COVID-19 treatment room. Research participants were selected based on a purposive sampling technique as many as 9 nurses who worked in the COVID-19 treatment room. The data analysis technique used the Colaizzi technique. This study obtained six themes based on Roy's Adaptation approach, namely the input stage which consists of stressors or causes of psychological distress and types of psychological distress, the process stage is based on the body's response to psychological distress and efforts to maintain the mental health of nurses, and the output stage is seen from the coping responses that are carried out. emerging and nurses' expectations of the pandemic. The implications of this study indicate that there is a need for a mental nurse (Consultant-Liaison Psychiatric Nursing) who provides mental health services to health workers in hospitals.*

**Keywords :** *Coping Mechanism, Pandemic, Psychological Distress, Nurse, The COVID-19*

**Bibliography:** 76 (2009-2021)